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Navy & Marine Corps Medical News (MEDNEWS)  
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This service distributes news and information to  
Sailors and Marines, their families, civilian employees, and  
retired Navy and Marine Corps families. Further  
dissemination of this e-mail is encouraged.

Headlines this week include:

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MN97138. Richmond Reservists Aid Fleet Sailors  
Portsmouth, VA - Few Sailors know better than those  
assigned to a ship how quickly the weekdays can fill up with  
work and other obligations. Finding time for a medical  
appointment can be a challenge. But thanks to a group of  
dedicated Reservists, Sailors assigned at or near the  
destroyer and submarine pier at Naval Base Norfolk, VA, that  
"challenge" has become a lot easier.

Every third weekend of each month, Reservists from  
Naval Hospital (NH) Richmond (VA) Unit 306 open the Pierside  
Medical Facility for two full days of care for the Sailors  
who work on or near the ships at the pier.

The Reservists offer care ranging from routine  
gynecological and physical exams to special care such as  
optometry, podiatry and orthopedics.

"Many of the Reservists chose to work at the Pierside  
Medical Facility as opposed to clinics near their own homes  
because of Rear Admiral William Rowley," said LCDR Patricia  
R. Coco, NC, NH Portsmouth's reserve liaison officer. "They  
heard the Admiral speak about health care to the deckplates.  
They wanted to help and saw there was a demand for the  
pierside clinic to be opened for the fleet on the weekends."

Rowley is the commanding officer of NH Portsmouth. The  
hospital is responsible for the pierside clinic.

The Reservists are working on providing other specialty care at the clinic, such as dermatology and occupational health, and also hope to add a mid-week day of care in podiatry and optometry.

The Reservists see about 40 patients per weekend.  
By HN Bridget D. Gayner, NH Portsmouth

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MN97139. Glover Tapped as Top Health Benefits Advisor  
Washington, DC - Elzada ("Zada") Glover of Naval Hospital (NH) Jacksonville, FL, is the Navy's top health benefits advisor (HBA) for 1996.

Glover was selected from nominees world-wide to receive the Commander James T. Kirch Health Benefits Advisor of the Year award. The award is presented annually to an HBA for his or her knowledge, customer service, professionalism, and enthusiasm.

Glover's outstanding service to beneficiaries is so well-known in the Jacksonville area that she's received fan mail. "Mrs. Glover helped humanize the bureaucracy," wrote one individual.

Other nominees who are being recognized for their superb assistance to beneficiaries include:

- Shirley Kahl, NH Corpus Christi, TX
- John Dunkerly, Naval Medical Center Portsmouth, VA
- Roxie Peters, NH Bremerton, WA
- Cathleen Chapman, Naval Air Station Cecil Field, FL
- Cathy Davis, NH Newport, RI
- Tammy Gladysz, Naval Medical Clinic Kings Bay, GA
- Anna Farley, Branch Medical Clinic (BMC) Souda Bay, GR
- Kristen Stiles, U.S. NH Keflavik, IC
- Peggy Terry, BMC Concord, MA
- Patricia Farnmah, NH Oak Harbor, WA

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MN97140. Great Lakes Helps University Combat Blood Disease

Great Lakes, IL, - Naval Hospital (NH) Great Lakes mobilized its resources to help Michigan State University recently when the school discovered three cases of invasive meningococcal disease.

Only two hours after receiving a request for assistance from the university, the hospital had five trained corpsmen, seven jet injector guns and extra supplies of vaccine ready to go.

Great Lakes corpsmen spent four days in East Lansing, home of the university, giving vaccinations to thousands of students and training more than 100 nurses to use jet injector guns.

The call for help from the Navy came when Michigan State realized their health clinic would be overwhelmed by the task of quickly immunizing 18,000 students. They turned to CAPT John Downs, MC, a professor of surgery and a Naval Reservist, because, as Downs said, "the Navy knows how to get things done."

Great Lakes is accustomed to mass immunizations, vaccinating more than 50,000 new recruits yearly.  
>From Naval Training Center Great Lakes, IL, Bulletin  
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MN97141. "Winnebago" Dentistry Keeps Sailors' Teeth Healthy  
Roosevelt Roads, PR - It sounds like many people's dream job. It's your responsibility, on a warm, sunny day, to hop into your Winnebago and drive down to the sea.

For the staff of the Mobile Dental Unit (MDU) at Naval Dental Clinic Roosevelt Roads, it's all part of the daily routine. But while from the outside, the MDU is a Winnebago look-alike, inside it's a small dentist's office, equipped with dentist's chair and all the accouterments needed for routine dental care.

The MDU has become a regular sight on this sprawling naval base, serving tenant commands and fleet units.

"Our goal is to improve access to care and allow Sailors to be more productive by spending less time away from their jobs," said Clinic Director CDR Jim Antus, DC. According to Antus, the idea has caught on and MDU now schedules regular visits to commands, which helps keep Sailors on the job and saves hundreds of work hours.

The MDU is especially handy for visiting ships.

"Sailors on ships making a port call in Roosevelt Roads don't have transportation readily available to visit the Dental Clinic, so we go to them," said DT2 Chris Ostrander, the MDU's driver and dental assistant.

In the last year, the MDU has assisted 27 ships providing emergency treatment as well as routine dental care for Sailors who might not have been able to get to the dentist before their deployment.

The MDU is also used as a health promotion "vehicle." Last year, more than 2,500 children from local elementary schools received dental health care information when the MDU visited.

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MN97142. Jacksonville Docs Fight Tar Wars

Jacksonville, FL - To some, they looked like normal Navy physicians. But to more than 150 fifth graders, they were warriors in the fight against tobacco use.

Ten physicians from the family practice clinic at Naval Hospital (NH) Jacksonville took on the evils of tobacco recently at Jacksonville's Oak Hill Elementary School as participants in the community's Tar Wars program.

Tar Wars teaches students about tobacco use and its physical effects. The physicians and the students in teacher Vickie Wall's science classes examined the different messages in tobacco advertising and how these ads influence people. The students followed up by making posters that focused on the importance of not smoking, dipping or chewing tobacco.

CDR Robert Raspa, MC, and Health Educator Lisa

Goldstein, both of NH Jacksonville, coordinated the event, which they expect to become annual.

"Our physicians want to combat the advertisements and promotional schemes that tobacco companies use to target youngsters," said Raspa.

"Knowing that more than 3,000 young people begin using tobacco each day is very disturbing," said Goldstein. "Our hope is that through awareness, many of these students will make the healthy choice to remain tobacco free."

By HN Jason McOlgan, NH Jacksonville

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#### MN97143. Medical Department Flag Has New Look

Washington, DC - The Medical Department flag has a new look.

The new version includes the dental technician caduceus, joining the Medical Corps, Nurse Corps, Medical Service Corps, Dental Corps, and Hospital Corps insignias on the maroon, gold and silver scroll in the center of the flag. Sharp eyes will also notice that the eagle has a more aggressive, refined look as well.

According to HMCM Paul Dziadon of the Bureau of Medicine and Surgery's inspector general's office, plans for revamping the flag to include the dental tech caduceus was years in the making. He's pleased that the changes were incorporated in time for the 50th anniversary of the dental technician rating, which is April 2, 1998.

The new flag became available in February. It can be ordered through the Navy's stock system. The order number is 8345-00-237-4520. Cost is \$169.95.

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#### MN97144. Continued Health Care Benefit Premiums Increase

Aurora, CO - Quarterly premium rates for the Defense Department's Continued Health Care Benefit Program (CHCBP) will go up May 1. The new premiums will be \$933 for one person and \$1,996 for a family.

The program extends health care coverage similar to TRICARE Standard (CHAMPUS) for military sponsors and families who lose their military health care benefits when they transition to civilian life.

Depending on the category of eligibility, enrollees may buy coverage (which, like TRICARE Standard, covers pre-existing medical conditions, including pregnancy) for three months at a time, for a maximum of up to either 18 months or three years. Eligible persons have 60 days after their loss of military health care benefits to enroll in the CHCBP.

Enrollment information is available from the program's contractor, IM&I, Inc. Write to CHCBP Administrator, P.O. Box 1608, Rockville, MD 20849-6119; or call toll-free 1 (800) 809-6119.

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#### MN97145. Medical Regulating Course Changes Dates

Charleston, SC - Naval Hospital Charleston's Medical Regulating Course, originally offered from May 19-23, will now be offered from May 19-21.

Call HM2(FMF) Troy Ferrie at (803) 743-7389/90 or DSN 563-7389/90, or e-mail him at CHR1CAN@CHR10.med.navy.mil for more information.

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#### MN97146. TRICARE Question and Answer

Q. I understand that under TRICARE Prime, I'm guaranteed that I'll get seen by a health care provider within a specified period of time. Is that true?

A. Yes. Priority access is one of the greatest benefits of TRICARE Prime. Patients enrolled in TRICARE Prime are guaranteed access to health care within certain timeframes. Below are the access standards for Prime patients.

- Emergency care is available 24 hours a day, seven days a week. In most cases, emergency care should be available within a 30 minutes drive from home.

- Your Primary Care Manager should be within a 30 minutes' drive from home.

- Specialty care should be within an hour's drive from home. If a longer drive time is required, beneficiaries will be informed in advance of enrollment. Also, patients who require very specialized treatment may find it medically advantageous to seek care at a center of clinical excellence, which may require more than an hour's drive.

- Maximum wait times for appointments are:

- Four weeks for a non-urgent, health maintenance and prevention visit

- Four weeks for speciality care, unless your Primary Care Manager determines you need more immediate care

- One week for a non-urgent routine visit

- One day for acute illness care

Additional information on TRICARE is available on the Department of Defense (Health Affairs) homepage on the World Wide Web at [www.ha.osd.mil](http://www.ha.osd.mil).

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#### MN97147. Healthwatch: Stretch for Flexibility

As the weather begins to warm up, make sure you do, too, as you begin your exercise program.

Stretching is an important part of your 5-to-10 minute warm-up before more vigorous exercise. Stretching is so essential to enhancing your maximum efficiency and flexibility, it can stand alone as a valuable part of any training program.

Stretching equals flexibility. With flexibility comes range of motion without stiffness or resistance. This can occur quickly with a consistent regimen.

Flexible muscles are less prone to soreness and injury. They help improve overall muscular performance since they are longer and less likely to tear or strain than tight,

inflexible muscles.

"A muscle that is warm and flexible is more mechanically efficient in that it does not have to work as hard to complete the same task," said CDR Robert M. Kellogg, MSC, assistant department head of physical therapy at National Naval Medical Center (NNMC) Bethesda, MD.

Stretching also assists with joint mobility. Proper stretching elongates the tendons that attach muscles to the bone, thereby improving joint mobility.

Kellogg recommends stretching at least once a day and definitely before and after exercising for 5 to 10 minutes. The best way to stretch is what Kellogg calls static stretching - slowly and gently until reaching the maximum pain-free stretch, then hold the stretch for 30 to 60 seconds to give the muscle an opportunity to adapt.

"Stretches should be done in a controlled manner, not bouncing. Bouncing can cause tears to muscles," said Kellogg.

Just as different muscles are used in different physical activities, muscles stretching focus should also vary.

For example, if you plan to run, concentrate on stretching the hamstrings, lower back, heel cords, groin muscle, and quadriceps. For cycling, stretch your trunk (back) muscles, hamstrings and quadriceps. Swimmers should focus on the shoulder groups and pectoral muscles.

Are you flexible? Here are some simple tests. If you can perform these without strain or discomfort, you pass.

- Hand-to-shoulder reach. While standing, reach your left hand behind and across your back to touch your right shoulder blade. Hold for 10 to 20 seconds. Repeat with right hand to left shoulder blade.

- Back stretch. Lie on your back with knees bent and feet flat on the floor. Slowly raise your knee to touch your chest. Hold for 10 to 20 seconds.

- Quadriceps stretch. Lie on your stomach with knees bent. Slowly touch your heel to buttocks. You can hold your ankles to assist the stretch. Hold for 10 to 20 seconds.

- Hamstring stretch. Lie on your back, flex right knee to chest. Place hands behind the knee for support and lift foot upward. Hold for 30 seconds. Repeat on left.

By Kimberly Allen, Bureau of Medicine and Surgery

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May is National Physical Fitness and Sports Month dedicated to "Get America Moving."

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Feedback and comments are welcome. Story submissions are encouraged. Contact Jan Davis, MEDNEWS editor, at e-mail [mednews@bms200.med.navy.mil](mailto:mednews@bms200.med.navy.mil), telephone 202/762-3223 (DSN 762-3223), or fax 202/762-3224.□